



Dress Up Days

Come to the Senior Center decked out in clothes or accessories on themed days!

March 17th - St. Patrick's Day

Wear: Green, shamrocks and gold colors!



March 31st - Mismatch Day

Wear: Mismatch, funky and fun printed clothes!



April 12th - Crazy Sock Day

Wear: Fun and crazy looking socks!



April 26th - Twin Day

Wear: Matching clothes with a friend!



Hop Into Springtime Thursday, April 6th

10:00 AM-12:00 PM

Join us for springtime refreshments & a fresh start to the spring season! Enjoy the band and lunch with Café Costa. \$3 for ages 60 & over, \$6 for age 60 and under. Contact the Nutrition Desk at (925) 757-7325, that week to reserve a lunch.



Antioch Senior Center Staff

Jun Gandia, Recreation Supervisor

Hilda Pacheco, Recreation Programs Coordinator

Rhonda Flanagan, Senior Nutrition Coordinator

Front Desk

Alejandra Mayorga

Judy Jones

Aimee Lorenzo

Irina Sergian

Trips

Mary A Villa Jr.



 Front Desk: (925) 779-7074

 [ANTIOCHCA.GOV/SENIOR](https://antiochca.gov/senior)

Antioch Senior Center

RIVERTOWN REPORT

March-April 2023

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Save the Date: Coffee & Conversation

Friends of Antioch Senior Meetings

3rd Mondays of the Month

March 20, 2023 & April 17, 2023

10:00 AM-11:00 AM in MNO Dining Hall

Be Part of the Conversation!

Antioch Senior Center
415 W. 2nd Street
Antioch CA, 94509

PRST STD
U.S POSTAGE PAID
MAILED FROM ZIPCODE 94509
PERMIT No. 14

Open Mondays-Fridays

8:00am - 4:00pm

Upcoming Holiday Closures:

Memorial Day - Monday, May 29th

 Front Desk: (925) 779-7074

ANTIOCH
CALIFORNIA

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Weekly Activities

All activities and trips are subject to change

Activity	Days	Time	Room	Notes
Beginner Exercise	Mon/Wed/Fri	10:30am-11:15am	NRCC Multi-Use	No Activity 3rd Monday of Month
Cane-do	Mondays	9:00am-10:00am	NRCC Phys. Fitness	Drop-In
Walking Class <i>*Sponsored by Meals on Wheels Diablo Region*</i>	Mondays	9:00am-10:00am	NRCC Multi-Use	*NEW ACTIVITY* <u>Registration Required</u> Session starts: March 13
Inner Work of Age	Mondays	9:30am-10:30am	ASC Arts & Crafts	Drop-In
Kani Ka Pila	Mondays	10:00am-11:30am	ASC Riverview	Drop-In
Computer/Smartphone Assistance	Mondays	10:00am-11:00am	ASC Conference	Drop-In
Painting Club	Mon/Wed	12:00pm-3:00pm	NRCC Arts & Crafts	Drop-In
On the Move <i>*Sponsored by Meals on Wheels Diablo Region*</i>	Tues/Thurs	9:00am-10:00am	NRCC Multi-Use	<u>Registration Required</u> Session: Feb. 7 - Apr. 27
Intro to Chess	Tuesdays	9:00am-10:00am	Mno Dining Hall	Drop-In
Wellness Education	Tuesdays	10:00am-10:30am	NRCC Multi-Use	Drop-In
Knitting & Crocheting	Tuesdays	12:00pm-3:00pm	ASC Riverview	Drop-In
Beginner Salsa	Wednesdays	10:00am-11:00am	ASC Riverview	Drop-In
Ukulele	Wednesday	10:00am-11:00am	NRCC Arts & Crafts	Drop-In
Hula Dance	Thursdays	8:30am-10:00am	NRCC Phys. Fitness	Drop-In
Rivertown Band <i>*Now Also Playing on Tuesdays*</i>	Tues/Thurs	9:30am-11:00am	Mno Dining Hall	Drop-In
Line Dancing	Thursdays	10:00am-11:00am	NRCC Multi-Use	Drop-In
Bingo	Thursdays	1:00pm-3:00pm	Mno Dining Hall	Drop-In
Arts & Crafts	Fridays	9:30am-10:30am	ASC Arts & Crafts	Drop-In
Movies (See Front Desk for Movie)	Fridays	Movie starting at 12:15pm	ASC Computer Lab	Movie Duration between 1hr 45 min-2 hr

Enjoy Open to Play Activities



Monday-Friday
from
8:00am-4:00pm

Billiards
Corn Hole
Ping-Pong
Puzzles & More!



MAR - APR 2023

RIVERTOWN REPORT

SENIOR CENTER

HIGHLIGHTS



ARTS & CRAFTS



FUN WITH THE RIVERTOWN BAND



PAINTING CLUB



PIANO TIME



ON THE MOVE



BEGINNER SALSA

SENIOR CENTER

HIGHLIGHTS



PUZZLES



BEGINNER EXERCISE



FOOD BANK



PLAYING CHESS



POOL TABLES



CANE-DO



KNITTING & CROCHETING



TRAVEL TO NEW AND FAMILIAR PLACES

We are working on some amazing trips for everyone's interest! Fees include transportation. Registration is **REQUIRED!** See front desk for availability.

All activities and trips are subject to change



GRATON CASINO

Wednesday, March 1

9:00 AM-5:00 PM Cost: \$50

Head out to Rohnert Park to test your luck and the slots at the Graton Casino.



DELTA BOWL

Wednesday, March 15

12:00 PM-3:00 PM Cost: \$10

Enjoy a game of bowling, pizza and drinks with good company at your local bowling spot.



FISHING TRIP

Wednesday, March 29

9:00 AM-11:30 AM Cost: \$15

Come along with us to Antioch/Oakley Pier to get some fresh air and learn how to fish.



ANTIOCH HISTORICAL MUSEUM

Coming Soon.

Visit our own local historical museum and learn about the history of our own city of Antioch.



Front Desk: (925) 779-7074



ANTIOCHCA.GOV/SENIOR



Workshops

Depression Support Group

1st Wednesdays of the month
9:00 AM-10:00AM
April 5th, June 7th, August 2nd,
October 4th, December 6th

AARP Educational Workshops with TreVista

Topic: Tech Tips for Seniors

4th Wednesday of Every Month
9:30 AM-11:00 AM
March 22nd, April 26th, May 25th
RSVP by calling (925) 470-3395



Specialty Classes

Registration Required.

Musicise: Music and exercise with a twist! Build a foundation to aerobics and improve in mobility.

- When: Tuesdays Time: 10:30 AM-11:15AM
- Cost: \$36 Residents/\$48 Non-Residents
- Class Dates: 1/1-4/25

Tai Chi: Practice slow meditative and flowing Chinese movements to help reduce stress and relieve pain.

- When: Monday/Wednesday Time: 9:00 AM-10:00 AM
- Cost: \$65 Residents/\$77 Non-Residents
- Class Dates: 1/23-4/26

Water Aerobics: The ultimate in low impact aerobics. For all fitness levels with focus on muscle toning and cardio.

- When: Tuesdays/Thursdays Time: 6:30 PM-7:30 PM
 - Cost: \$45 Residents/\$57 Non-Residents
 - Class Dates: 4/4-4/27
- When: Saturdays Time: 10:00 AM-11:00 AM
 - Cost: \$20 Residents/\$36 Non-Residents
 - Class Dates: 4/1-4/29

TRINKETS & TREASURE

Every 1st Monday of the Month Time: 9:00 AM-11:00 AM

If holiday, will be moved to 2nd Monday of the Month
Take a look around for some great trinkets to gift to others!



NEW CLASS

WALK WITH EASE

When: Mondays Time: 9:00 AM -10:00 AM
Improve your flexibility, strength and stamina.
Reduce pain and feel great.

Starting March 13, registration required.
Call Eileen Stephens at (925) 482-2622 to sign up.



Services & Resources

Appointment Only:

HICAP, Health Insurance Counseling & Advocacy Program
Every 3rd Tuesday of the Month, 1:00PM-3:00PM
Call (925) 655-1393 to make an appointment.

Legal Assistance, Call Front Desk for appt.
(925) 779-7074

General Legal Advice - 9:00AM-12:00PM
Will Services - 10:00 AM-12:00 PM
(No Will Service appointments in March)



Senior Peer Counseling, Call Front Desk for appt.
(925) 779-7074

1st & 3rd Mondays of the Month
9:00 AM-11:00 AM

Drop-in:

Case Management with Meals On Wheels
Mondays at 9:00 AM-11:00 AM



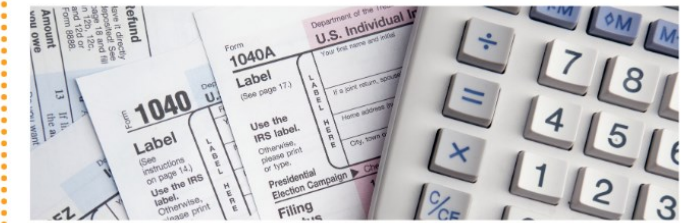
AARP Free Tax Aide

Thursdays, February 2-April 13

Appointment Only

Contact the Front Desk for more information.

This service is provided by trained AARP volunteers.



Transportation:

Discounted Tri-Delta Bus Tickets

\$20 per booklet of 10 tickets

Purchase at Front Desk



Food Resources:

- Café Costa - See Below
- Food Bank - See Below
- Mobile Farmers Market Truck
 - Tuesdays from 10:00AM-11:30AM
 - Parked in front of the Center

Food Bank - Senior Food Program

Register for the Food Bank program!

Seniors 55+ receive free groceries.

Every 2nd & 4th Wednesday

Distribution Time: 9:00AM-10:00AM

Registration Required.

Applications available at Front Desk.

Volunteer opportunities available!



Cafe Costa - Lunch Program

Registration & reservation 1-day prior for daily lunch is required. Vegetarian option is available with a request. Call the Nutrition Desk at (925) 757-7325 to get started.

Lunch is served at 11:15am daily.

No Reservation, No Meal.

Menus are available at the Front Desk.